



Inspiring a Generation

# Phoenix Taekwondo

## Launching the new Phoenix Taekwondo Black Belt Academy

Practice....  
like you've never won...

Perform....  
like you've never lost...

PHOENIX BLACK BELT ACADEMY

We are very excited to announce the launch of the brand new Phoenix Taekwondo Black Belt Academy on Wednesday evenings from 7:30pm, directly following our Wednesday Junior class at Ladygrove Park Primary School. Phoenix Taekwondo has now more than 150 members, with most of our classes running at near capacity. We also have an increasing number of members, more than 25 students with black on their belts(!), either at or approaching Black Belt level and are keen to maintain and evolve our high levels of coaching at these grades. The

Phoenix Black Belt Academy has been launched to provide an alternative class for our highest Black Belt grades and those Black Stripe graded students preparing for nearby National Black Belt Grading Examinations.



Black Belt Academy members are able to attend either a normal class or the academy class each week. The academy classes are tough with the emphasis on high intensity or technical training and will maintain and evolve the high levels of Taekwondo we all enjoy across all Phoenix Taekwondo classes, completing the Taekwondo journey from Little Dragons to Black Belt and beyond.

### ++ Important Dates

Fri 16<sup>th</sup> March: Little Dragons Belt Grading

Sun 25<sup>th</sup> March: Spring Grading Examination

Weds 28<sup>th</sup> March: Spring Grading Belt Presentation

Fri 30<sup>th</sup> March: Good Friday (No Taekwondo)

Sun 1<sup>st</sup> April: Easter Sunday (No Taekwondo)

Weds 11<sup>th</sup> April: Easter Holiday (No Taekwondo)

Sun 8<sup>th</sup> July: Summer Grading Examination

Sun 23<sup>rd</sup> Sept: National Black Belt Examination (provisional)

November: Winter Grading Examination (provisional)



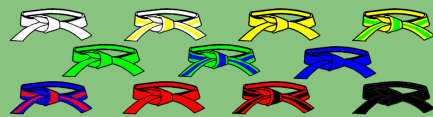


## Phoenix Taekwondo 2018 Grading Schedule

Last month we announced the Grading schedule through 2018 for Phoenix Taekwondo.



First up will be our Spring Little Dragons Grading on Friday 16<sup>th</sup> March. A grading E-mail has already been sent out to parents of all of our Little Dragons. The belt presentation will take place at the following class on Friday 23<sup>rd</sup> March. As always please do ensure the grading fee is paid before the grading date!



Next on the list will be the first of two club gradings for our Junior and Senior classes. This will be held on Sunday 25<sup>th</sup> March and will be primarily aimed at our lower grade students. We will be assessing our intermediate to higher grades on an individual basis to make recommendations. The presentation for this grading will be held on **Wednesday 28<sup>th</sup> March**.

The second of our two club gradings will be held on Sunday 8<sup>th</sup> of July and will be open to ALL grades especially current Red Belts grading for Black Stripe (the final grade taken at the club level before the National Examinations for Black Belt). The grading presentation is expected to be on Friday 13<sup>th</sup> July. It is important to note that we will not recommend students for a grading unless we feel they have a good chance of passing, so keep practicing.

## New Poomsae Learning Days Completed

Sunday 11<sup>th</sup> February saw the completion of our monster month long focused workshops enabling all of our students to learn their next Poomsae (pattern) for their next grading. The earlier workshops covered all Poomsae from Pattern 2 (Taeguk iijang, required for Green Belt) through Pattern 7 (Taeguk chiljang, required for Black Stripe). The final session was aimed at our highest Black Stripe and Black Belt grades. Almost every single Phoenix student (Green Stripe and above) managed to attend their appropriate workshop, with the few who missed the date due to other unavoidable commitments attended a brief drop in catch up clinic on a final Sunday session. It has been clearly obvious that everyone has benefited immensely from the workshops, being provided with a running start in learning their new Poomsae! Please do keep up the practice and commit your new pattern to memory, helping us to help you! Remember all the Taekwondo Poomsae can always be checked on the Phoenix webpage at: [www.phoenixtaekwondo.net/tkdpoomsae.html](http://www.phoenixtaekwondo.net/tkdpoomsae.html)



Phoenix Taekwondo have been invited to participate in the "Didcot: Get on Board"

**Didcot First**  
Promoting Didcot Positively



event organized by Didcot First who are partnering with Didcot Rotary Club to stage an event to showcase the wide variety of clubs, societies, group memberships and volunteering opportunities available locally, to be hosted by the Cornerstone Arts Centre on Saturday 2<sup>nd</sup> June. Watch this space!

## ++ This Months Little Dragons Tae-Yong Winners!

Well done to Rohan, Jasmine and Jamie for taking Tae-Yong home this month!! Who will it be next month?

